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# *Quit Smoking*

There's nothing wrong with being a social smoker. But for those who would prefer to live a healthier lifestyle, this file might be just what you need!

Through gentle reinforcement and conditioning, this file aims to create an aversion to smoking and all of the disgusting habits associated with it. From the anxiety and nausea you feel whenever you even think about picking up a cigarette or cigar or vape, to the overwhelming dread you experience each and every time you decide to light up, you'll find yourself becoming more and more proud of yourself the more you choose to do anything else besides smoke. Find your oral fixation transforming into a love to chew gum and using your mouth to pleasure others whenever you have a desire to smoke.

Smoking is gross and disgusting and unhealthy and will stop you from living every day of your future to the fullest. You deserve to be healthy and happy in your life, so why not give up the nasty habit for good and quit smoking today!

- ✧ Feeling gross and uncomfortable and nauseous whenever I think about smoking.
- ✧ Feeling anxious and stressed and worried whenever I am around a smoker.
- ✧ Craving the feeling of having my mouth occupied with gum or candy whenever I have the desire to smoke.
- ✧ Feeling happy and satisfied and fulfilled whenever I make the smart decision not to smoke.
- ✧ Remembering that I am too special and important to waste my time smoking disgusting cigarettes or cigars or vapes that will prevent me from living as long as I prefer to live.
- ✧ Craving the feeling of accomplishment that I receive from not smoking whenever I desire to smoke.
- ✧ Craving the feeling of being smoke free and healthy and happy in my ideal future.
- ✧ Feeling nauseous and uncomfortable and anxious whenever I think about smoking an unhealthy vape or cigar or cigarette.
- ✧ Feeling pleasure and excitement and happiness whenever I think about quitting smoking for good.
- ✧ Proud and accomplished and satisfied whenever I choose not to smoke.
- ✧ Remembering that I have always hated the smell of smoke



- ✧ Thinking about how unhealthy and undesirable and uncomfortable smoking makes me each and every time that I contemplate lighting up a cigarette or cigar or puffing on a vape.
- ✧ Throwing out all of the cigarettes and cigars and vapes that I own.
- ✧ Thinking about how gross and disgusting and unhealthy smoking is whenever I find myself craving to smoke.
- ✧ Thinking about what I can occupy my mouth with whenever I have a desire to smoke.
- ✧ Remembering that I have made the decision to become a happy and successful person in my future and giving up smoking is a necessary part of being the best me that I can possibly be.
- ✧ Feeling anxious and uncomfortable and worried whenever I am near a vape or cigarette or cigar.
- ✧ Using my mouth to pleasure my sexy lovers whenever I have a craving to smoke.
- ✧ Making passionate love to my romantic partner whenever I have a desire to smoke.
- ✧ Remembering that quitting smoking will make me a healthy and fit person in all aspects of my life, and that I deserve to live every day in the ideal body that I have always desired.
- ✧ Remembering that I am happy and satisfied with my life whenever I am not smoking.
- ✧ Feeling happy and confident and loved whenever I think about giving up smoking.
- ✧ Knowing that I am a healthy and happy and successful person, and that smoking is disgusting and unhealthy and unappealing and will only make my future worse.
- ✧ Feeling nauseous and anxious and scared whenever I think about smoking.
- ✧ Feeling proud and accomplished and satisfied whenever I choose to do anything else with my important and precious time besides smoke.
- ✧ Preferring to use my mouth to pleasure others rather than smoke a disgusting and unhealthy vape or cigarette or cigar.
- ✧ Remembering that I am a confident and sexy and attractive person whenever I am not smoking.
- ✧ Remembering that I am in control of my own life and that I can choose to give up smoking whenever I desire.
- ✧ Constantly chewing gum in order to keep my mouth busy and prevent myself from smoking.
- ✧ Feeling anxious and worried and stressed whenever I consider smoking a disgusting and gross and unhealthy vape or cigarette or cigar.
- ✧ Loving myself whenever I choose to not smoke.
- ✧ Remembering how gross and disgusting and dirty vapes and cigarettes and cigars are and how they make me smell bad around the people that I love the most.



- ✧ Remembering that I am always happiest whenever I choose to not smoke.
- ✧ Remembering that I can always chew on my favorite gum whenever I think about smoking an unhealthy cigarette or cigar or vape.
- ✧ Feeling anxious and uncomfortable and unhappy whenever I am forced to smoke an unhealthy vape or cigarette or cigar.
- ✧ Remembering how much I love to chew gum whenever I desire to smoke.
- ✧ Fantasizing about how much healthier and happier I will be once I have quit smoking completely.
- ✧ Thinking about quitting smoking and living a healthier lifestyle.
- ✧ Intuitively knowing that smoking is unhealthy and unattractive and makes me look older than I actually am.
- ✧ Talking to my friends and family about how much I hate to smoke and how I am making a conscious decision to give up the habit permanently.
- ✧ Feeling disgusting and unhealthy and unappealing whenever I am smoking a vape or cigarette or cigar.
- ✧ Needing to tell all of my friends and family about my new desire to quit smoking for good.
- ✧ Remembering how gross smoking is and how much I prefer to keep my sexy body free from the stains and smells that come with vapes and cigarettes and cigars.
- ✧ Knowing that I am taking care of my beautiful body whenever I make the conscious decision to quit smoking.
- ✧ Knowing that I can eat all of the candy and desserts and treats that I desire without feeling guilty whenever I am not smoking.
- ✧ Remembering how my sexy and confident and beautiful voice sounds whenever I chew my gum instead of smoking.
- ✧ Excited to try new flavors of chewing gum and candy whenever I feel the unhealthy craving to smoke.
- ✧ Loving myself whenever I am not smoking.
- ✧ Knowing that I can always put my oral fixations to good use by pleasuring my lover with my mouth whenever I experience smoking cravings.
- ✧ Uncomfortable and unconfident and anxious whenever I am smoking.
- ✧ Feeling excited and aroused and horny whenever I imagine myself quitting smoking for good.
- ✧ Fantasizing about quitting smoking and becoming a healthier and more attractive version of myself in my perfect future.
- ✧ Fantasizing about breaking free from my disgusting smoking habit.
- ✧ Thinking about how gross and disgusting and unhealthy smoking is whenever I make the uncomfortable decision to take a puff.



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- ✧ Imagining myself in the future, healthy and happy and unaffected by smoking cravings.
  - ✧ Uncomfortable by how my need to smoke always controls me.
  - ✧ Thinking about how my decision to smoke will make me more and more unhappy in my future.
  - ✧ Feeling gross and nauseous and uncomfortable whenever I think about smoking.
  - ✧ Feeling pleasure and happiness and comfort whenever I think about throwing away all of my cigarettes and cigars and vapes.
  - ✧ Feeling happiness and excitement and love whenever I throw away my cigarettes and cigars and vapes.